



Daily Weight and Zone Log

Name _____ Check your weight and heart failure zone every day
Month _____ Record your weight and check your zone every day

DAY	WEIGHT	MY ZONE	
1			
2			
3			
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Which Heart Failure Zone are you in today? Green, Yellow, or Red?

GREEN ZONE

ALL CLEAR: This zone is your goal

Your symptoms are under control. You have:

- No shortness of breath.
- No weight gain or gain of 2 pounds or less (it may change 1 or 2 pounds some days).
- No swelling of your feet, ankles, hands, or stomach.
- No chest pain.

YELLOW ZONE

CAUTION: This zone is a warning

Call your doctor's office at: _____

- Weight gain of 2 pounds in 1 day or weight gain of 5 pounds or more in 1 week.
- Shortness of breath.
- Swelling of your feet, ankles, hands, or stomach.
- Feeling tired. No energy.
- Dry hacking cough.
- New or increased chest pain.
- Feeling uneasy, as if you know something is not right.
- Harder to breathe when lying down.
- Needing to sleep sitting upright in a chair.

RED ZONE

EMERGENCY: Go to the emergency room or call 911 if you have any of the following:

- Struggling to breathe.
- Unrelieved shortness of breath while sitting still.
- Chest pain.
- Confusion or inability to think clearly.